

Core Values

Core values of Frida's philosophy of life are: to give meaning, seek truth and awareness.

Give meaning

The question of the meaning of human existence has been asked since time immemorial but has never been answered unequivocally. We do not know. Views range from: meaningless, a fluke, a cosmic incident, of no importance to meaningful, determined by man himself or by a higher power.

Yet we long to know why we are here on earth.

We will continue to ask this question because it springs from an *incorporeal* principle in the human spirit. This principle lives in every human being, but usually remains subconscious, because we cannot perceive it with our physical senses and consequently cannot use it either for ourselves or for those around us. As a result, this point of view is not an issue for science. But in Frida's philosophy of life, man is not only a biologically but also a spiritually determined individual.

So, in addition to the biological evolutionary line, her philosophy stands for the spiritual evolutionary lineage of man, with awareness of the incorporeal principle in man at its heart. This position requires clarification.

Man originates from a different reality than the world in which we live. A creation: timeless, infinite, transparent, harmonious, in which everything is as it is: novel, self-evident, singular, problem-free and aware of no evil. That creation is perfect, but man is not aware of it at all. He knows no different. His consciousness has not yet been tested by contradictions. Such an introverted, perfect creation will never be able to reach maturity unless it steps outside of itself and, in another reality, becomes aware of its contradiction. Just as a person cannot become aware of the benefit of warmth until they first experience the hardship of cold.

Awareness of our essential personality and original environment can therefore only arise when, in the human mind opposites are evoked in another form of life. This condition is met by our environment, the earth: temporary (instead of everlasting), limited (instead of infinite), corporeal compacted (instead of transparent), transient (instead of eternal) and problematic (instead of harmonious).

Moreover, the (unconsciously) perfect man can acquire awareness of his unique, essential personality only through confrontation with a pseudo-personality, which takes shape in his consciousness. Through identification with a temporary physical body and under the influence of hereditary factors and of an environment both threatening and protective, man gradually and mistakenly imagines another identity for himself, the *pseudo-identity*.

Therefore, at birth, a mortal human being with shortcomings and a specific life task comes to life. Therefore our destiny in life is given, because through the dichotomy between appearance and being in man himself, the awareness, the "know thyself" arises, which is what the earthly journey is all about. This happens to everyone.

And almost everyone knows that this process does not happen without a struggle. The contradictions are influential!

It fits into this line of thought to attribute the direction of such a gigantic evolutionary process to a higher power than man: the Source of Life or – if you like – the Supreme Being, God or the Creator. It cannot be but true that this Creator created man out of love, and with this divine plan has only his happiness in mind. Only the Creator knows what happiness awaits man after living through the contradictions that come his way. No human being suffers senselessly! Everyday life gives rise to many questions of meaning, which can be traced back to this principle.

"Earthly life is not the end itself, but a means to an end. That end is awareness, through which happiness can deepen into eternity. Man can come only to that awareness by learning about hardship."

Seek Truth

How many lies pile up over and over again when criminals try to dodge conviction instead of confessing outright what they have done? How much time, money and manpower has to be spent time and again to get the truth out anyway? How many malicious lies and white lies pervade interpersonal communication when we can use them to our own advantage or to avert disaster? And above all, how honest are we regarding our own inner life?

Because in our physical world thoughts are not visible, the lie has made its presence known in the course of history (the thief who denies). People's untruthfulness often stems from a lack of self-confidence, the urge to survive or even malice. Therefore, there is every reason to dwell on the importance of seeking truth.

In the concept of God, in Frida's philosophy, God is not only love, but also *truth*. God is a foothold and source of inspiration for many people, although many think that these qualities are created only by themselves.

Seeking truth as an inner quest is a universal spiritual quality, regardless of any distinctions between people, which is directly driven by divine inspiration and understanding. In truth, God and man always vibrate together, even if man is not always aware of it. This is necessarily inherent in the concept of truth.

Often we cannot solve our problems in an instant, but we can always truthfully strive for it.

Especially in these times, many people seek the meaning of their existence. It is good to know that the sincere search for the truth about misunderstood questions of life is always supported by divine inspiration and understanding, even if we do not immediately find the solution. This is an inner encouragement. Therefore, it is very important to be aware of this in a world polluted by untruthfulness.

"The way of life is the way of truth."

Awareness

The divine plan aims at the evolution of the divine spark called man through awareness. This spark is the incorporeal principle in man.

As has been said, the goal of human evolution is for the originally (subconsciously) perfect human being – the spark – to become aware of his essential personality and environment through temporary confrontation with another reality, earthly life. (Whoever wants to consciously enjoy warmth must first know cold.) To this end, earth serves as a school of learning. How does this evolutionary process take place?

Because the spark is directly linked to a physical body at birth, it suddenly gains impressions through its physical body and this mirrors the delusion that the corporeal world of life is the only reality. In fact, there are two realities side by side, but it appears differently because the physical impressions are stronger and man is not nearly aware enough to consider another possibility not covered by his senses. A primal terror then arises, followed by bewilderment, fear, feelings of inferiority and their compensation in power, aggression, imitation and so on.

This primal terror is so painful for man that his inner senses slowly shut down and he feels increasingly detached from his Source of Life: the Creator.

Through identification with his physical body, man gradually imagines himself to be something other than his real identity: the pseudo-identity, an identity opposite to the spark. This opposition is unavoidable in order to bring the spark to self-consciousness which, after all, is what the earthly journey is all about.

Only when man is confronted by the consequences of this primordial illusion will he, sooner or later, reflect on the question of his position in life and whether he may have made a mistake in his thinking.

At that moment, the process of becoming aware begins, which is described in depth and great detail in Frida's philosophy. This development proceeds differently for each person, depending on character, age, choices and circumstances.

Also, each person has received a specific life's task as a contributing factor to their awareness process.

"Together with the problem, the possibility of a solution is born."